



## REGULATION OF THE TOUR DU GRAND PARADIS - TROFEO RENATO CHABOD

### Art. 1 ORGANISATION

“Sci Club Valsavarenche” in collaboration with the municipal administration, the Pro loco and the Mountain Guide Association “Grand Paradis” organizes a promotional **INDIVIDUAL** ski-mountaineering competition with classical equipment, named: “SPECIAL EDITION WELCOME BACK 9 TOUR DU GRAND PARADIS - TROPHÉE RENATO CHABOD – 1<sup>er</sup> MEMORIAL JOCOLLE PIERINO”.

### Art. 2 PLACE AND DATE

The event will take place **SUNDAY 10 APRIL** in Valsavarenche with a start in line in the location of **PRAVIEUX** for the **SENIOR** and **MASTER** categories and the arrival to **PONT** of **VALSAVARENCHÉ**.

**Departures and arrivals for the YOUNG categories will be in PONT of VALSAVARENCHÉ.**

**08:00 (to be confirmed): departure of SENIOR and MASTER categories departure**

**09:00 (to be confirmed): departure of YOUNG categories.**

### Art 3 ADMITTED CATEGORIES

- **YOUNG:**            **U20 MEN AND WOMEN (born on 2002-2003)**  
                             **U23 MEN AND WOMEN (born on 1999-2000-2001)**
- **SENIOR:**         **MEN AND WOMEN (born between 1977 and 1998)**
- **MASTER:**       **MEN AND WOMEN (born on 1976 and before)**

### Art 4 RACE TIMING SERVICES

Wedosport and “Sci Club Valsavarenche” are responsible for the race timing services. The electronic chip system will be used.

### Art 5 PRIVACY

Registering at the competition, athletes authorize that issued personal data, sensitive and non-sensitive, can be used for all purposes directly or indirectly related to the event. In addition, each athlete authorizes the organizing committee to use images, photos and interviews for promotional purposes, without being entitled to any kind of remuneration.

### Art 6 INDIVIDUAL EQUIPMENT REQUIRED FOR ALL CATEGORIES

**a pair of ski mountaineering skis:** minimum length 160 cm for men and 150 cm for women and youth categories, with metal strips along at least 90% of their total length, minimum width 60 mm measured

from the middle of the ski, which is normally the narrowest part. The manufacturer's declared measurements shall be taken into consideration; the manufacturer accepts full liability for their accuracy;

**a pair of ski mountaineering boots:** boots must be high enough to cover the ankles, must be ready for rapid, safe connection of crampons, and must be fitted with devices for closing the boot shell and top boot and a lock for the angle between the top boot and the boot shell. All closures and soles for ski touring boots sold by manufacturers will be considered approved under the regulations, unless they have been modified. Other types of soles and modified soles are admitted provided that they meet the following requirements: - the minimum outside surface of the ridges in contact with the ground must be 1 cm<sup>2</sup>; - the sole must consist of rubbery material such as vibram or a similar material; - the sole of each individual boot must be ridged and cover at least 75% of the surface; - the minimum number of ridges per boot must be 23, including 15 in the front part and 8 on the heel; - the minimum depth of the ridges must be 4 mm;

**a pair of bindings:** bindings must be intended for ski mountaineering and may have ski stopper or safety straps, according to the choice of the competitor; they must permit locking of the back of the boot for downhill skiing and have safety release systems at the front and lateral sides, on the tip of the top and in the heel-piece;

**a pair of poles:** with a maximum diameter of no more than 25 mm, excluding padding: metal rings are not permitted;

**avalanche transceiver (ARTVA)** meeting international standards, worn in contact with the body, functioning for reception and transmission all along the competition. Transmitter only is prohibited;

**a snow shovel with handle:** the mounted snow shovel with its handle and blade must have a minimum length of 50 cm, and the blade must measure at least 20x20 cm. It must not have been modified in any way. The manufacturer, who shall be held responsible for this name and its function gives the name "snow shovel";

**a snow probe** with a minimum length of 240 cm and a minimum diameter of 10 mm, not modified in any way. The manufacturer, who shall be held responsible for this name and its function gives the name "snow probe";

**a rucksack with shoulder straps,** with 2 ski holder straps, big enough to contain all the equipment required under the regulations. The rucksack crampon pocket must have the closing part on the back part of the rucksack;

**two pairs of climbing skins.** Due to environmental reasons the use and application of adhesive tape or similar materials to make the skins slippery is severely forbidden;

**Garments for the upper part of the body:** three layers in the competitor's size:

1 long or short-sleeved, body-hugging layer.

a second layer with long-sleeves.

a wind breaker layer.

**Garments for the lower part of the body:** two layers, consisting of a pair of trousers or overalls in the competitor's size, and a pair of windproof trousers in the same size;

**A helmet** conformed to UIAA 106 and EN 1077 class B standards; EN 12492. The helmet must be worn and fastened throughout the length of the race;

**A pair of gloves,** which must be worn throughout the length of the race;

**Hat** or headband;

**A pair of glasses** or a visor.

**The organizers reserve the right to reject any component of the competitor's equipment, which may be considered defective or inappropriate.**

Each athlete is aware and directly responsible for all the material used during the race. By the act of the registration, the athlete guarantees the technical efficiency of the material and its conformity to the present regulations. For safety reasons, each individual athlete must carry his or her own equipment throughout the various legs of the competition, with the exception of skis and climbing skins. Skis must be anchored to the back of the backpack (not to the front, from shoulder strap to shoulder strap), using the safety strings provided. Once the competition is underway, materials may be replaced only in case of proven breakage: the inspection of the broken equipment will be done at the nearest check point, and the notification of the equipment replacement must be promptly sent to the organizers. The organizers are not responsible for providing any replacement materials in case of breakage or damage.

#### **Art 7 TIME LIMIT**

A maximum time is set for the race. Participants who do not reach the different intermediate points / the arrival within the allowed time are in any case excluded and will not appear in the final ranking.

#### **Art. 8 – JURY, PENALTIES AND DISQUALIFICATIONS**

The jury will be composed by 2 members of the organizing committee and by the race director who have unquestionable decision-making power.

The present regulation is based on FISU and the ISMF regulations.

#### **Art. 9 – REGISTRATION**

##### **HOW**

On-line on the website [www.wedosport.net](http://www.wedosport.net) by filling in the appropriate form. Payment can be done by credit card and bank transfer. Registration will close upon the subscription of 200 athletes (SENIORS AND MASTERS). Registration implies the full acceptance of the present regulation. **For registering, it is compulsory to have an insurance and a FISU card or the insurance and a sports medical certificate for competitive activities.**

##### **REGISTRATION FEES**

**YOUNG category: € 35,00+ € 10,00 of deposit for the time chip**

**SENIOR et MASTER categories: € 45,00+ € 10,00 of deposit for the time chip.**

Registration fees include:

- organization, safety and technical assistance services and refreshments along the competition routes;
- 1 competition pack consisting in ADMO backpack containing regional typical products, Gran Paradiso National Park Quality Label;
- Sunday closing lunch;
- bibs and timing chips

**For overnight stays the following accommodation facilities can be contacted:**

- Hotel Gran Paradiso Fraz. Le Pont – 11010 Valsavarenche (AO) Tel. +39 0165 95454-0165 95318 – 0165 95074 info@hotelgparadiso.com; http://www.hotelgparadiso.com/
- Hotel A L'Hostellerie du Paradis Fraz. L'Eau-Rousse 18 – 11010 Valsavarenche (AO) Tel. +39 0165905972 – 0165905971, info@hostellerieduparadis.it; www.hostellerieduparadis.it
- Agriturismo Lo Mayen Fraz. Bien – 11010 Valsavarenche (AO) Tel. +39 0165 905735, lomayen@tiscali.it
- B&B Affittacamere Vers le Bois Fraz. Vers-le-Bois – 11010 Valsavarenche (AO) Telefono: +39 349 2509879 info@verslebois.it ; http://www.verslebois.it
- For further information on the logistics or the registration, please contact the organization: Silvia Blanc +39 339 8909283 - info@tourdugrandparadis.it

## **REFUND**

**In case the athlete decide to withdraw from the competition, registration fee will be refunded according to the following conditions only:**

**Before 03/04, the registration fee will be 100% refunded.**

**After 04/04 no refunds will be foreseen.**

**Refunds will be executed by the organization in a short time, however no later than 30/04/2022..**

## **Art. 10 – BIB PICK - UP, BRIEFING AND EVENT PROGRAM**

### **SATURDAY 9 APRIL**

**from 15.00 to 18.00** in Dégioz - Valsavarenche at the CONSIGLIO MUNICIPIO - OFFICE "UFFICIO GARE": delivery of competition packs including bibs and timing chips by Wedosport, vouchers for hotel accommodation and Sunday lunch and participation awards.

**18.00** briefing, on-line or in presence (max. 20 participants) upon reservation at the following number: +39 339 8909283.

**Use of mask and Covid-19 certificate are mandatory to access the race office: "UFFICIO GARE"**

### **SUNDAY 10 APRIL**

#### **SENIOR AND MASTER CATEGORIES**

06.30-07.30 - AT PRAVIEUX: DELIVERY OF COMPETITION PACKS, BIBS AND TIMING CHIPS, MEAL VOUCHERS.

07.30-07.50 - DEPARTURE AREA ENTRANCE, CHECK OF THE TEMPERATURE, OF THE COVID-19 CERTIFICATE, OF THE AVALANCHE TRANSCEIVER (ARTVA), LAST BRIEFING

07.50-08.00 – RACE START (IN LINE) (with the possibility of different starts)

10.30 (approximately) – ARRIVAL OF THE FIRST ATHLETES IN PONT

#### **YOUNG CATEGORIES**

07.00-08.00 – AT PONT: DELIVERY OF COMPETITION PACKS, BIBS AND TIMING CHIPS, MEAL VOUCHERS.

08.00-08.50 - DEPARTURE AREA ENTRANCE, CHECK OF THE TEMPERATURE, OF THE COVID-19 CERTIFICATE, OF THE AVALANCHE TRANSCEIVER (ARTVA), LAST BRIEFING

08.50-09.00 - RACE START (IN LINE)

12h30 (approximately) - AWARD CEREMONY IN PONT

From 12.30 – CLOSING LUNCH in the different restaurants indicated on the delivered meal voucher.

Schedule and times may be changed.

**PLEASE NOTE THE OBLIGATION TO WEAR THE FFP2 MASK IN THE STARTING AND ARRIVAL AREAS**

## **Art. 10 – RACE COURSE AND BEHAVIOUR**

### RACE COURSE

#### **Young categories**

Departure from Pont (1960 mt.) along the Grand Etret valley, after the mountain pasture of the Grand Etret (2200 mt. ) up to an altitude of 2350 mt, **1<sup>st</sup> change of equipment configuration (itinerary on foot)**, the course then goes uphill for about 100 meters of altitude at 2450 mt., then **2<sup>nd</sup> change of equipment configuration (change of skins)**, arrival at an altitude of 2700 mt., **3<sup>rd</sup> change of equipment configuration (descent starting)**, the course goes downhill under the “Denti di Broglio” to reach then the upper part of the Grand Etret valley, The course descends into the valley to the Finish line in Pont (1960mt).

#### **Senior and Master categories**

Departure from **Pravieux – Pessey** (1834 mt) at 08.00 (there is a chance that there will be two starts at 07.45 and 08.00). On the first part, the course follows the summer trail, arrived at the mountain pasture Lavassey (2195 mt.), it continues along the Montandayné valley, at around 2650 mt. of altitude, **1<sup>st</sup> change of equipment configuration (itinerary on foot)**, arrival at the F. Chabod refuge (2710 mt), **1<sup>st</sup> refreshment post, 2<sup>nd</sup> change of equipment configuration (descent starting)**. The course goes downhill near the mountain pasture of Laveciau and at about 2350 mt., **3<sup>rd</sup> change of equipment configuration (change of skins –second uphill)**, at about 2740 mt., **4<sup>th</sup> change of equipment configuration (itinerary on foot)**, arrival at an altitude of 2845 mt., at “Testa di Moncorvé”, **5<sup>th</sup> change of equipment configuration (uphill with skins on)**, arrival at the base of the Gran Paradiso glacier (about 3100 mt.), **6<sup>th</sup> change of equipment configuration (second downhill)**, arrival at the Vittorio Emanuele II refuge (2734 mt.), **7<sup>th</sup> change of equipment configuration (change of skins – third uphill), time barrier (2h 30 min), 2<sup>nd</sup> refreshment post**. The course then goes uphill at the bottom of the Ciarforon (about 3000 mt), **8<sup>th</sup> change of equipment configuration (change of skins – third downhill)**. On a slight downhill the course will traverse below the Monciair and the “Denti di Broglio” to arrive in the upper part of the Grand Etret Valley. The course goes then downhill to the Finish line in Pont (1960 mt).

### ELEVATION GAIN AND LOSS – COMPLETE RACE COURSE

#### **Detail of the elevation gain and loss**

1<sup>st</sup> uphill: +900 mt.

1<sup>st</sup> downhill: -350 mt.

2<sup>nd</sup> uphill: +700 mt.

2<sup>nd</sup> downhill: -400 mt.

3<sup>rd</sup> uphill: +300 mt.

3<sup>rd</sup> downhill: -1050 mt.

**Total positive elevation gain: +1900 mt environ**

**Total elevation loss: -1800 mt environ**

For any technical information you may contact G.A. MARTIN Ilvo, Ph. +39 347 8773097

**NUMBERS:** must be worn clearly visible on **BACKPACK AND RIGHT LEG.**

**CHANGE OF EQUIPMENT CONFIGURATION** (change of skins): Change of the skins must be carried out exclusively in the dedicated areas without any outside help. Check along the race course will be foreseen.

**WASTE DISPOSAL:** The abandonment of waste or other materials is strictly prohibited outside the exchange zones and **ENTAILS DISQUALIFICATION.**

**RACE COURSE SIGNAGE:** the entire race course is marked with flags;

**MUTUAL AID:** Participants must help each other in case of accident;

**WITHDRAWAL OR ABANDONMENT:** It is mandatory to notify the nearest exchange zone or to the race officer the withdrawing from the race, for whatever reason.

#### **Art. 11 – RESPONSIBILITY**

The organization, considering the nature of the competition, declines any responsibility for any incident to the participants or to third parties that occurs as a result of the conduct of the race.

#### **Art. 12 COURSE CHANGES**

The organization may, at any time and for any reason, modify the race course or this regulation as it deems appropriate, in relation to the safety of the participants and the regular course of the event. Any changes will be announced during the briefing that will take place the day before, or will be posted at the start or communicated during the race itself.

#### **Art. 13 AWARDS**

##### **FINAL RANKING (SENIOR AND MASTER) men and women**

1<sup>st</sup> - € 500,00  
2<sup>nd</sup> - € 350,00  
3<sup>rd</sup> - € 250,00  
4<sup>th</sup> - € 150,00  
5<sup>th</sup> - € 100,00

##### **FINAL RANKING YOUNG (U20 – U23) men and women**

1<sup>st</sup> - € 200,00  
2<sup>nd</sup> - € 150,00  
3<sup>rd</sup> - € 100,00

The 9<sup>th</sup> “Trofeo Renato Chabod” will be awarded to the top three absolute rankings (Master and Senior) men and women.

The award “MEMORIAL PERINO JOCOLLE” will be awarded to the first absolute rankings of the Young Categories (U20 – U23) men and women.

***GIVEN THE STATE OF EMERGENCY THE RACE AREA WILL BE ACCESSIBLE TO COVID-19 CERTIFICATE HOLDERS. ALL ATHLETES SHALL PAY ATTENTION TO THE INTERPERSONAL DISTANCING AND WEAR THE FFP2 MASK UPON DEPARTURE. THE ORGANIZATION TRUSTS IN THE COMMON SENSE OF ALL***

**ATHLETES. TO ACCESS RESTAURANTS, THE "ENHANCED" COVID-19 CERTIFICATE (issued after a complete vaccination plan or Covid recovery) IS MANDATORY.**